

19. Analyze the Right to Health and the responsibilities of governments and individuals in ensuring public health.
20. Discuss in detail the role of nutrition in sports and its impact on athletic performance.



APRIL/MAY 2025

**23USBT23 — ORGANIC FARMING AND
HEALTH MANAGEMENT (SEC II)**

Time : Three hours

Maximum : 75 marks

SECTION A — (10 × 2 = 20 marks)

Answer ALL questions.

1. Provide major biotic factors of ecosystems.
2. Define Endemic and provide one example.
3. Define microbial compost and its significance.
4. What are the essential conditions for vermicomposting?
5. Define organic farming and its importance.
6. What is the role of AGMARK in food certification?
7. Define health according to the WHO.
8. What is the concept of well-being in relation to health?

9. Define health-related fitness.
10. Differentiate between health-related fitness and sports-related fitness.

SECTION B — (5 × 5 = 25 marks)

Answer ALL questions.

11. (a) Discuss about different principles of ecology shortly.

Or

- (b) Explain about major functions of ecosystem.

12. (a) Explain the advantages and limitations of ring gardens.

Or

- (b) Write a short note on the identification and cultivation of medicinal herbs.

13. (a) Explain the major policies supporting organic farming.

Or

- (b) Discuss the role of transportation and marketing in organic product distribution.

14. (a) Explain the changing concepts of health over time.

Or

- (b) Explain the major determinants of health.

15. (a) Discuss the importance of exercise in preventing lifestyle diseases.

Or

- (b) Discuss the relationship between physical activity and mental well-being.

SECTION C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Describe why India is termed as mega Biodiversity nation.
17. Explain in detail the process of composting highlighting the differences between microbial composting and vermicomposting.
18. Analyze the role of self-help groups (SHGs) and micro-enterprises in promoting organic farming and rural entrepreneurship.

